

## ABSTRACT

The object of the present invention is to provide PPAR $\gamma$  ligand derived from naturally occurring sources and a composition for preventing and/or improving Insulin Resistance Syndrome, diabetes mellitus, obesity or visceral fat obesity comprising the PPAR $\gamma$  ligand as an active agent.

The present invention relates to a ligand for peroxisome proliferator-activated receptor

which comprises curcumin or its derivatives.

The composition according to the present invention, which comprises the PPAR $\gamma$  ligand as an active agent is useful for preventing and/or improving Insulin Resistance Syndrome, diabetes mellitus, obesity or visceral fat obesity.